

**DON'T
LOSE A FRIEND
TO DRUGS.**



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Has a friend become moody, short-tempered, and hostile?

Does he seem spaced out and always short of cash?

Is she suddenly failing courses and running around with kids you don't trust?

Stop and think about it. Your friend may have a drug or alcohol problem.

WHAT SHOULD YOU DO?

Talk to your friend and try to help. Many teenagers get deeper and deeper into drugs and alcohol because their friends, teachers, and parents either pretended there wasn't a problem or didn't know what to do.

Jack and Shelly had been good friends in junior high, but hadn't seen much of each other in high school. Jack had heard that she was experimenting with cocaine

and uppers, but was still shocked when he ran into her at a party. It took a few minutes for Shelly to remember who he was and she seemed a little spaced out. She told him she skipped classes a lot and didn't care much about school anymore. Jack couldn't get Shelly out of his mind and he looked for her in the halls and lunchroom. Whenever he saw her, he talked to her and urged her to call the local drug abuse hotline. One day Shelly got

so low, she listened to him. She found people who would listen to her problems without lecturing her. With the help of a counselor, friends like Jack, and her parents, Shelly gave up drugs and started regaining control of her life.

DOES SOMEONE YOU CARE ABOUT HAVE A PROBLEM? HERE'S HOW YOU CAN HELP

Learn about the effects of drugs and alcohol and share the knowledge with friends. For example, smoking pot makes it hard to concentrate and remember things. Heavy pot smokers can become psychologically dependent and develop respiratory problems. PCP and LSD can cause permanent brain damage. Sniffing can produce heart failure or suffocation. Cocaine is more deadly and addictive than most people realize, and cocaine deaths have jumped dramatically in the last few years.

Get the names and phone numbers of local hotlines and drug abuse counseling services. They usually are listed in the telephone directory under crisis services, alcohol abuse information and treatment, or drug abuse information. Other sources are community and school bulletin boards, libraries, or the local newspaper. Ask your school or hospital about special programs for teenagers.

Interest your friends in activities they can enjoy without using drugs or alcohol. For example, teenagers in a Chicago suburb took it upon themselves to organize creative, positive ways to spend time, such as trips, movies, discussion groups, aerobics, and community service projects. These activities not only discourage drug abuse, but build teens' self-esteem and give them roles to play in the community.

Learn how to talk to your peers and younger kids about the dangers of abusing drugs and alcohol. Many communities have programs that teach teenagers how to counsel others about the problems that teens face, including substance abuse. In one rural midwestern town, star high school athletes are trained to teach elementary and middle school students about drug and alcohol abuse.

Remind your friends that buying or possessing pot, cocaine, LSD, PCP, and most other drugs is against the law. Being arrested and getting a police record may not seem like a big deal now, but could be when applying for a job or college.

Remember, it takes courage to help a friend who has a drug problem. But a real friend will try.

SIX WAYS TO SAY NO!

You've heard it a thousand times, but if you say "no" when friends ask you to try a drug or drink, it might make them think twice about doing it themselves. Saying "no" means you have the strength and brains to choose for yourself. Here are a few ways to do it.

1. Say you have something better to do. Then do it!
2. Point out that drugs interfere with your mental and physical skills, and you want to be at your best.
3. If you don't want to explain, just say "no, thanks." If that doesn't work, try a stronger "no way!" and leave.
4. Skip parties where you know drugs and alcohol will be available. Ban them from your own.
5. Hang out with friends who don't need drugs or alcohol to have fun. Make a commitment to be healthy and in control of your own future.
6. Make up a contract between you and your parents that says you will do your best to learn about the effects of illegal substances and discuss peer pressure with your parents. Your parents, in turn, agree to be available to you to discuss drugs and alcohol and not to drive after drinking.



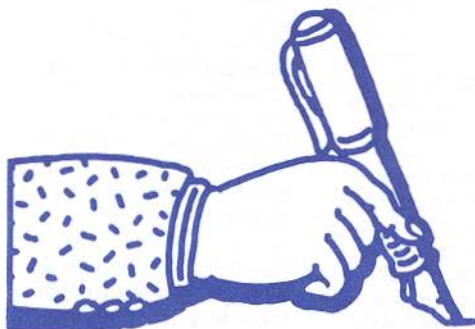
DON'T LET DRUGS RUIN YOUR NEIGHBORHOOD

Get involved! A group of teens in Medford, Oregon get "turned on" without drugs by writing, producing and televising a soap opera about teenagers and the problems and pressures they face. Teens in Gardena, California spend time after school being buddies to children in an orphanage, painting rundown buildings, cleaning up litter, and helping the disabled. They organized town meetings to talk about the drug problem and then formed a community task force to do

something about it. Young people in Poland, Ohio landscape and plant trees in parks, give seminars on drug and alcohol abuse, and help elderly citizens maintain their homes.

Even if you don't give your name, turn in drug dealers in your school and community. They're bringing crime to your neighborhood and ruining the lives of many of your friends. The police need your help to catch them.

If your school doesn't have a drug and alcohol abuse prevention program, start one!



WRITE FOR FREE INFORMATION

National Clearinghouse for Drug Abuse Information
P.O. Box 416, Kensington,
Maryland 20795

National Clearinghouse for Alcohol Information
P.O. Box 2345, Rockville,
Maryland 20852

National Federation of Parents for Drug-Free Youth
8730 Georgia Avenue
Suite 200
Silver Spring, Maryland
20910

DIAL FOR HELP

1-800-554-KIDS. This toll-free hotline, open from 9 a.m. to 5 p.m. E.S.T. Monday through Friday, is operated by the National Federation of Parents for Drug-Free Youth. It can give you information on drug and alcohol abuse and refer you to local sources of help.

1-800-COCAINE. This toll-free, 24-hour hotline can tell you how and where to get help for cocaine abuse.

Crime Prevention
tips from:

**The National
Crime Prevention
Council**

The Woodward Building
733 15th Street, N.W.
Washington, D.C. 20005



Texas Department of Public Safety

To report drunk drivers or hazardous traffic conditions call:
800-525-5555 or 911

**LOOK OUT FOR
YOURSELF, YOUR FRIENDS,
YOUR COMMUNITY,
AND HELP ME . . .**



**TAKE A BITE OUT OF
CRIME®**

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